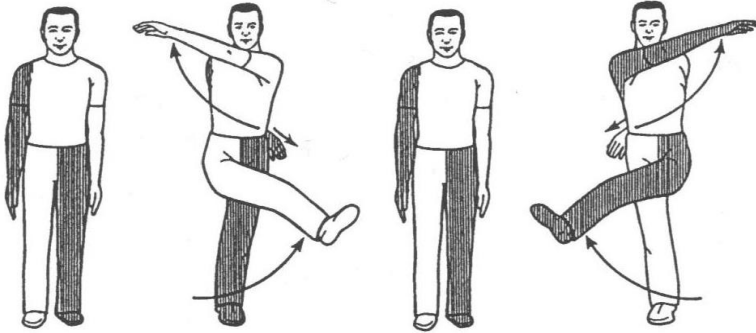


# CROSS-CRAWL EXERCISE PATTERNS

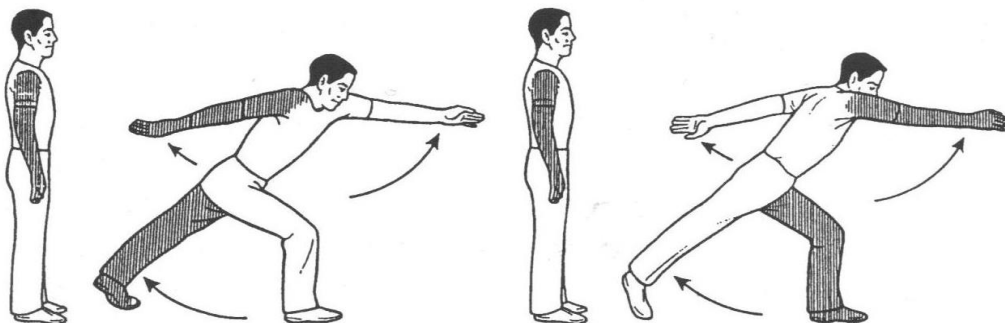
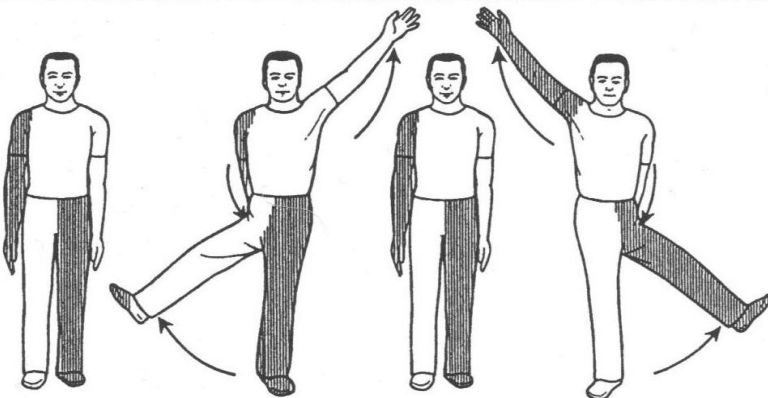
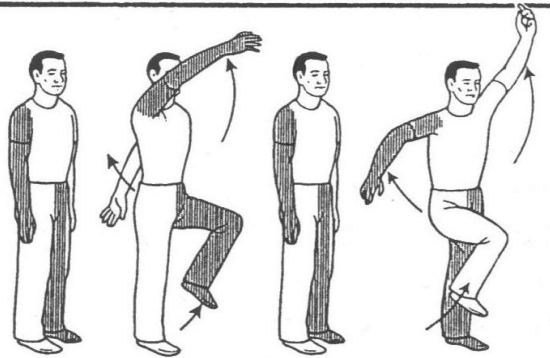
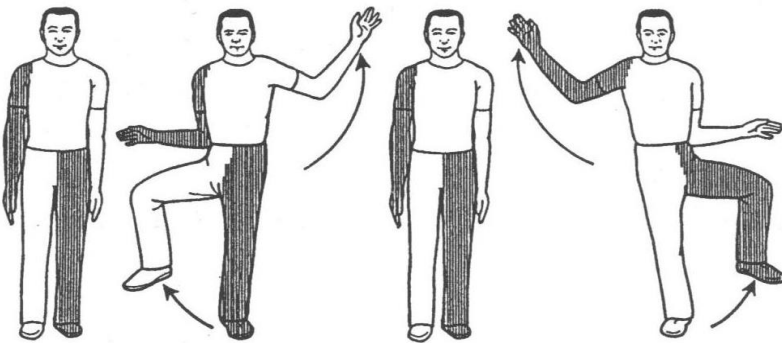
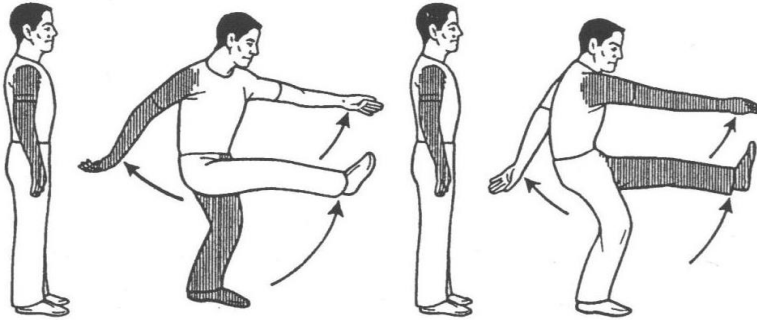
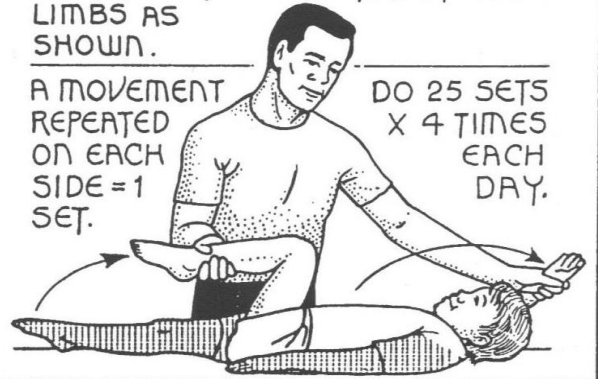


## CROSS-CRAWL EXERCISES

CONTRALATERAL EXERCISES MAY BE DEVISED FOR EXERCISE AND FLEXIBILITY. USED AFTER MUSCLE TESTS AND TREATMENT THEY ASSIST IN IMPROVING CO-ORDINATION AND MEMORY AND LEARNING SKILLS. TO HELP YOUNG CHILDREN ACHIEVE CO-ORDINATION ADULTS MAY MOVE LIMBS AS SHOWN.

A MOVEMENT REPEATED ON EACH SIDE = 1 SET.

DO 25 SETS X 4 TIMES EACH DAY.



*It is more fun, and even more effective when it is done to uplifting, enjoyable music. Doing it on a rebounder multiplies the effect even more.*